

## Glanmire Over 60's Talent Competition



Paddy O'Brien with Glanmire Over 60's Talent Competition winner Eric Downey, Glanmire Credit Union Sponsor Eamon O'Neill, Sean O' Sullivan, Glanmire Over 60's organiser and Donal O'Connell, reigning Cork Over 60's winner.



Madge Fogarty, GACA, Councillors Ger Keohane and Joe Kavanagh



Back: Ber Byrne, Joan Gubbins, Jackie Henschon, Patricia Holland, Mary O'Connor  
Front: Mary Hegarty, Nora O' Sullivan, Ann Holland



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### GLANMIRE MEETS THE CANDIDATES



The next Public Meeting on Monday 29 April 2019 in the Glanmire Community Centre at 8:15PM where we will be inviting the candidates for the local elections in May 2019 to introduce themselves and then face a Question and Answer session from the people of Glanmire.

We advise people park in Shopping Centre car park and walk to the community Centre to avoid traffic problems on the night.

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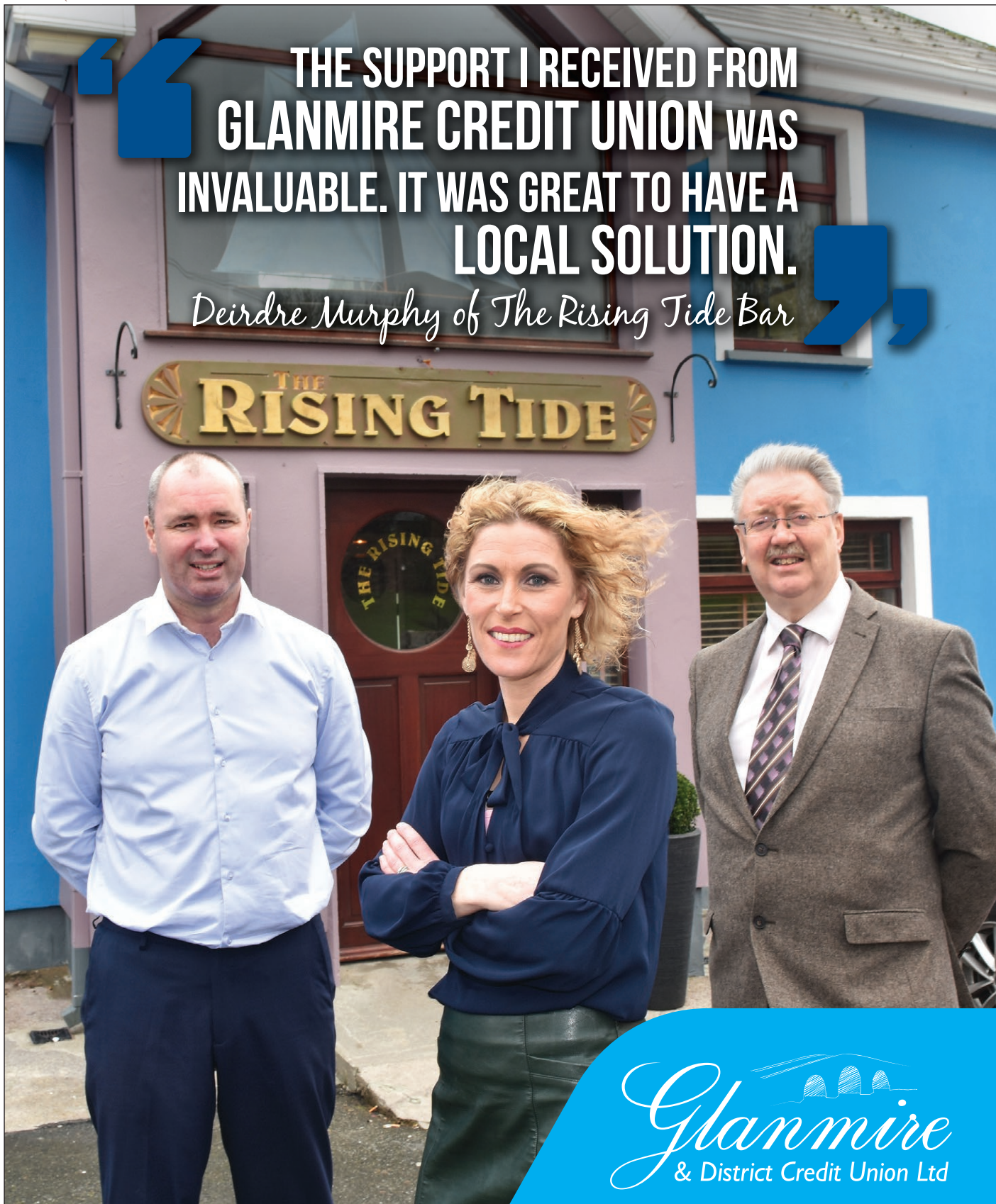
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*Deirdre Murphy of The Rising Tide Bar*



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## DIRECTORS CUT APRIL 2019

Here are some questions and answers that may be of interest to Glanmire Residents.

### Q. Who are the members of the Glanmire Area Community Association?

A. Every person with a "GLANMIRE ADDRESS" is deemed to be a member.

### Q. What is the structure?

A. The association is run by a board of Directors who act and then retire as years pass by.

### Q. Who are the present Directors?

A. Kevin Tobin- Sallybrook-Chairman - Michael Burns, Glenrichmond - Co. Secretary

Madge Fogarty, Sallybrook- V. Chairperson, Judith Greene Goodyear, Marwood - Treasurer

Clr. Pdraigh O'Sullivan, Glanmire- Clr. Ger Keohane, Glanmire- Pat Stacey, Hazelwood Ave- Environmental Team Leader.

Bill Tobin- Dunkettle- Of-

fice co-ordinator

There are at present eight directors but we need more! Can you help

Jackie Dorrity is in the office under the Glanmire Area project programme.

### Q. How often do we meet?

A. Directors meet on second Monday of every month

Public meetings are held-5/6 times a year or as required. All public meetings are advertised on Community News, and Facebook. We will also use other established sites in the future

### Q. How do we operate?

A. The association is the umbrella body for 13 sub-committees which include for example- senior citizens, indoor bowling, heritage, community games, community pitches, etc.

We have insurance cover that includes the buildings, and all the activities

of the various sub-committees.

### Q. Who owns the Community Centre, in Riverstown.

A. It is owned by the Trustees of the Catholic Diocese of Cork. It was formerly the old school house.

We are in possession on a long lease.

### Q. Who were the last 3 chairpersons of the Community Association?

A. Nick O'Brien( Rip) Richmond - Michael Young-Sarfields Court -Michael Burns- Glenrichmond

### Q. Two major projects in recent years.

A. (1) Procurement of land and development of pitches in Brooklodge for the use of all the clubs and schools. (2) Getting planning permission and building the childrens playground. All projects require detailed planning and sufficient funding to succeed. At present grant applications are being finalised to help pay for the completion work of the community pitches and dressing rooms.

Much more needs to be done.

### Q. Why is it that the same people come to the public meetings and we never see people from some areas UNTIL SOMETHING GOES WRONG?

A. This is something only YOU can answer

In conclusion to this piece it is a fact that a lot more facilities will be developed and a lot more activities organised if more people offered to help.

Yes a NEW COMMUNITY CENTRE is the plan but YOU must offer your help. Meetings are presently taking place to try and

Do you think you have something to offer then give the centre a ring. One of your great assets is your spare time

Can you give us some of that time.

Contact Jackie

021-4821333 or gacacork@gmail.com

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# The Truth About Back Pain and "Wear & Tear"

**Don't Even Think Of Taking Another Pain Pill Until You Read This**

## Do You Have Any of the Following Conditions?

- Lower Back Pain
- Muscle spasms or strains
- Bulging lumbar discs
- Numbness or soreness in your legs
- Shooting hip or thigh pain

Having back and leg pain can bring life to a standstill.

You might not be able to play golf, work, or even sit in the car for a 30-minute drive. It's almost impossible for anyone around you to understand how you feel. You can't remember the last time you even had a restful night's sleep.

**Life is too short to let pain slow you down.**

Pain is your body's warning sign telling you something is wrong. Sure, you can numb the pain if you take enough Ibuprofen, diclofenac or some other pain pill.

But if you mask the pain, it can prevent your back from healing – maybe even damage it further.

Not to mention many of the pain medications available are quite addictive and can have devastating side effects.

## Could This Be The Solution To Your Back Pain?

My name is Dr. Eric Kelly, owner of Glanmire & Koru Chiropractic Clinics. Over the past 12 years since we've opened the doors, we've seen thousands of people with back pain leave the office pain free. Because I've seen it with my own eyes, I strongly believe...

**Back pain is NOT "just a part of life" and something you have to live with!**

Chiropractic has been around for over a hundred years, and has been used to help everyone from tiny babies to the elderly.

Even top sports stars and entertainers... like Usain Bolt, Bradley Wiggins, Tiger Woods, Gov. Arnold Schwarzenegger, and Madonna receive chiropractic care. These professionals have the money to hire any kind of doctor they want, and they choose to have a chiropractor on their team.

Here's what just one of our patients had to say about chiropractic...

When I came I had pain in my lower back. I had pain all the time. My life has changed so much since I started my treatment. I can walk, run, bend, and walk up stairs. I have no pain. It is so good I am pain free.

~ L Coleman 06/01/2014

This means in just a matter of weeks you could be back on the golf course, enjoying your love life, or traveling again.

## Have A Professional Evaluation of Your Back For Only €40.

For 19 days only, I'm running a very special offer where you can find out how much this amazing treatment can help your back pain. What does this offer include? Everything I normally do in my new patient evaluation for only €40.

Just call before April 19th and here's what you'll get...

An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case.

A complete neuromuscular and orthopedic examination, a thorough analysis of your exam and any x-ray/MRI findings you have, so we can start mapping out your plan to being pain free.



**Find peace and comfort in knowing your back is healed without drugs or surgery.**

You'll get to see everything first hand and find out if this amazing treatment will be your back pain solution, like it has been for so many other patients.

The normal price for this type of evaluation is up to €120, so you're saving a considerable amount by taking me up on this offer.

Chiropractic very well could be the answer you've been looking for.

Call 021-4824450 today and we can get started with your consultation and exam as soon as there's an opening in the schedule.

Our office is called Glanmire Chiropractic Clinic and you can find us at Eastcliffe House, next door to AIB in Glanmire. 2nd location in Douglas.

To avail of this great deal, you must tell our receptionist you'd like to come in for the Back Pain And Sciatica Evaluation before April 19th.

Dr O'Keefe and I look forward to helping you get rid of your pain so you can start living a healthier, more joyful life.

*Sincerely, Dr. Eric Kelly, D.C.*

## P.S. How many years can your body handle taking pills?

Taking pain medications (even if they're over-the-counter pills) is no way to live. Pills don't "fix" anything, they just numb the pain.

Finding the problem and fixing it has got to be your top priority!

I may be able to help you live a normal, pain-free life again. This offer expires April 19th so call 021-4824450

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## "NÍL AON GLEANNTÁN MAR DO GLEANNTÁN FÉIN" GLOUNTHAUNE NEWS BY "THE FOREIGN CORRESPONDENT"

### TIMES PAST

It is difficult to grasp that almost nine years has slipped by since the mother of all parish events was held at the Radisson Hotel, Little Island on Monday May 21st. 2010. The occasion was the launch of Paddy Twomey's splendid publication; "The Way We Were" which is a history of Little Island & District. The event attracted an attendance of plus four hundred and fifty and it was probably the most important happening in parish life since the foundation stone of the iconic Sacred Heart Church was laid some one hundred and fourteen years previous; July 26th. 1896.

There was another large gathering at the hotel four years later; on Thursday July 3rd. 2014 for the launch of Paddy's second book; "From an Acorn to an Oak" which covers the history of the Erins Own club for the twenty five year period 1988 to 2013. The author in question is of course the very same Paddy who "brought the house down" with his Luciana Pavarotti performance, handkerchief and all, at the Erins Own "Strictly Lip Sync" function held at the Radisson Hotel on Saturday November 4th. 2017. Who will ever forget the gusto rendering of "Nessun Dorma", the apt translation being; "Nobody Shall Sleep", or when eventually leaving the stage; that audience scream of "Ole Patrizio" and his heartfelt pleading retort; "Per favore chiamami Pavarotti". Well the versatile Paddy is about to hit "centre stage" again with the publication of another book with a self-explanatory title; "Times Past".

This relates to the Little Island and Glounthaune areas and it includes a dedicated chapter relative to Glounthaune Village, formerly New Glanmire which celebrates its bicentenary this year. The chapter includes detailed historical background to; dwelling houses, the church at the quay; the first school in the village; the 1901 new school; the teacher's houses; the Parochial House and walkway; the constabulary barracks; the dispensary; the licensed premises; the quay walls and the changes that materialised in the village with the arrival of the railway. The aforementioned gives

a flavour but there are numerous other interesting and informative aspects of the village in "Times Past". For example; Paddy draws attention to the fact that there was a blacksmith in nearly every village and town in Ireland and that Glounthaune was no different. Patrick Colbert was the blacksmith in the village in 1853 and a member of the Long family, Daniel, was the blacksmith in 1901. His son John (Jack) was an apprentice blacksmith and the Long family had several forges in the parish, including one at the Forge Cross, north of the "Dry Bridge", which probably replaced that in the village with the arrival of the railway. Jack later became proprietor of the present-day "Great O' Neill Pub"; in "times past" called "The Rising Tide" and his vegetable garden / orchard where the Waterside Apartment Block now stands was his pride and joy. The "Long" family link to the area continues because Jack's granddaughter Mary (Moloney) is a Johnstown Park resident. The community is eagerly looking forward to the book which will be published; well, it won't be "long" now!



Vehicle Park

### JOHNSTOWN CAR & CAMPERVAN PARK

The popularity of the commuter rail link, known as "The Metro" in leafy Glounthaune albeit a misnomer is reflected in the observation of a daily full car park at Glounthaune station and the overflow parked on the shoulder of the roadway outside. The latter creates a traffic hazard as vehicles which stop and maneuver into position interfere with the main flow of traffic, and the visibility when exiting the car park is also very much restricted. One of the many issues referenced in the Local Area Plan pertaining to Glounthaune is the recognition that additional car parking spaces are required close to the station. The recent announcement that the two

lots of council-owned land opposite the station are to be developed as a public car park, with the added facility to accommodate campervans, is to be welcomed. This land was previously owned by C.I.E. and was purchased by Cork County Council in the late fifties for road alignment purposes. The former N25, the L3004 since 1997 when the East Cork Parkway opened, followed a winding route the course of which may still be identified as a total of eight tracts between Burys Bridge and the Elm Tree are clearly visible.

The road alignment which was carried out in the early sixties resulted in the formation of the land in question and now more than fifty years later it will be put into practical use. Cork County Council has unveiled plans for the much needed car park facility; the extreme eastern section of the larger parcel of land is to be dedicated for campervan use. It will have a green coloured perimeter security fencing consisting of close mesh three metre panel widths which multi-lift to a height of four metres. Pressed V beams are featured and for additional strength and rigidity are reinforced by a four millimetre vertical and a six metre horizontal diameter wire across the full panel width. Point lighting set into the ground will surround the parking bays and floodlighting will illuminate the surroundings. Fresh water refilling points and connections to the main sewer will also be provided.

An eighteen hundred square foot building will be constructed between the council-owned land and the open green space area fronting the Johnstown Park housing estate. The planting of Japanese Knotweed, which is a traditional plant in the area, will part-screen the structure. The building will contain cooking facilities, a library, a games room, shower and toilet facilities and a laundry. A curfew on socialising and playing of loud music will apply after two a.m. The remainder of the land, including the parcel at the western end, will be exclusively utilised as a car park and a manned kiosk and barrier will be positioned at both entrances on the northern side. An automated car wash facility as well as charging points to accommodate electric vehicles will also be provided. Tariffs have not yet been

finalised but will be applicable on an occupancy per vehicle basis and should any passengers alight vehicles prior to entering the car park; it will be captured on CCTV. It is expected that children under two years of age will be free of charge and that students will have a reduced rate, but an increased adult rate will be levied on those with a free travel pass. The park operators will contribute one euro per every ten thousand vehicles utilising the facility to the local Tidy Towns committee.

Residents in the immediate vicinity say that they are not at all happy with "the monster" being imposed on their doorstep. Nimby Carr, who bemoans the reality that she is not "a local" as she is only residing in the area for just over forty five years now, is one such resident and is particularly concerned with the volume of traffic that the park will attract. She ridicules the fact that a building will be constructed opposite "elegant homes" and that Japanese Knotweed is to be planted despite recent local efforts of eradicating it. She has uneasiness about the late-hour socialising aspect in the campervan area and also the obtrusive floodlighting.

She berates the park operators for their meagre contribution to the Tidy Towns and classifies it as an insult. She asserts that from her observation those that park on the public roadway are mainly residents from the Greater Glounthaune Area; estates such as "Thornberry", "Corryfield", "Cois Cuain" and remarks; "they should display civic duty by walking to the Metro and there would then be no necessity for an additional car park". However her big gripe is that heretofore it appeared by its presentation that the land in question was part of the Johnstown Park housing estate and says; "local residents carried out significant work in 2010 which included felling of mature boundary trees and demolishing a nearby old rustic boundary wall to purposely create that landscape; and this work is all in vain now". Well, this is the April 1st. issue of Area News and it is pleasing to report on such a much-needed facility. Beep! Beep!

SLÁN ANOIS ©





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## Glanmire Active Retirement Group

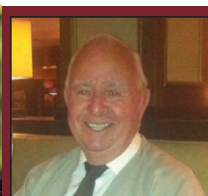


Presentation between the Active Retirement Group Glanmire along with the Chaplin & students from transition year in GCC of hand knitted blankets to a Chernobyl Charity





## Gardening with Charlie Wilkins



Charlie Wilkins

### MEMORIES AMID THE RAINS

There has always been an amazing variety of rain here in the far south. Fat rain splashes easily and heavily as it lands on soft foliage and drenching drizzle needles through cracks not alone in paving and hard landscaping, but through cracked panes in the greenhouse and tiny fissures in the corrugated plastic roof of the car port. Then there's unduly curious rain that gets into everything including your underwear, and churlish rain which wants to soak everything in sight before moving off in search of yet more devilment. Of course it eventually stops, the sun returns, and the circle of life returns to its slow grinding momentum.

As we enter April forgotten memories come flooding back and we begin to observe once more the endless succession of delights that gardens provide. We look forward with anticipation to meeting old friends. Memory will probably allow us to remember their names, but will we still be familiar with how silky smooth their petals are to the touch, how intense their hues when back-lit by strong sunlight,

how wonderfully intricate their construction and how appealing their perfume? I hardly think so, for the gradual metamorphosis of one year into another, play funny tricks on the mind and the memory. Whether or not this is true is arguable, but whatever lies in the depths of our spirit, we do like to be constantly reminded as to how things were.

Take for example the most reliable and hardy of all the summer flowering shrubs - Potentilla - the shrubby kind may I add, for there are herbaceous types also available. These flower non-stop from May to October, reaching a peak during July and August. To get the best results plant them in a group of three (if you have the room) and they will quickly form a solid mass giving a much better effect than plants dotted about here and there.

You should be able to find a variety to suit any colour scheme you choose for Potentillas come in hot reds, oranges, golden yellows, cool whites, creams and pinks. Their heights vary too, so pay attention to the labeling and you won't



Well grown Potentillas are a joy in any summer garden. Flowering commences in early May and continues to the very end of November

go wrong. A striking, low growing, creamy-white variety is sold as 'Tilford Cream', whilst the similarly sized 'Beesii' and 'Dart's Gold' arrive in brightest yellow. If orange is your choice look for 'Sunset' and if it's pink you should look for 'Pretty Polly', 'Princess' or 'Royal Flush'. Red varieties include 'Marian', 'Red Robin' and 'Red Ace', the latter being the most difficult to grow well.

Well grown Potentillas are a joy in any summer garden, but what a pity so few are superbly grown! If they are not pruned on a yearly basis, they soon become leggy, full of woody, aged middles which only encourages poor flowering. However, they'll regain their vigor and bloom profusely if you trim them back by about a third with a shears each spring.

### THE GARDEN IN APRIL

Wind is our greatest enemy this month. It tears blossom from the cherry trees and new green leaves from beech, piling them up in corners like sodden heaps of confetti. Herbaceous plants, in their quest for height will flop and sprawl in high winds especially those vain and pompous delphiniums. Stake these now but be 'tasty' in doing so or you will take away its looks, if not its soul.

If I could prompt readers on just one horticultural purchase this month it would have to be 'a tomato plant' from Dooley's garden centre! Of all the tomato plants I had last year, none could compare with the amount of sweet, delicious cherry sized produce I had from the basket variety that came from this outlet. I simply hung it up (in the green-

house but a warm sunny spot outside will also suffice) and let it be.

Cherry tomatoes by the dozen arrived in late June and continued to the very end of October (which was a super sunny month if you remember) The only maintenance was regular watering, and irregular feeding with liquid tomato food. No pruning, no stopping or removal of wayward shoots, no insect attack, no fungal disorder. Put in an order this weekend.

#### PREVENT LOSSES

For an organic deterrent to whitefly, plant a few aromatic Tagetes (a type of marigold which is widely available) among your tomatoes, using two per plant. Stick a few into pots around the greenhouse even if you don't grow 'love fruits', for they'll keep fuchsias, geraniums and other susceptible plants almost whitefly-free.

#### CONTROL IVY

After a long dark winter, ivy growing up house walls and fences can look a little the worse for wear. Fresh new foliage can be encouraged by trimming off the old leaves with a shears. Don't be afraid to cut back hard if the need arises.

Once trimmed, the exposed shoots can be swept with a stiff brush to remove spiders and creepy-crawlies of every kind, along with old leaves and debris. Although the walls will look rather bare for a few weeks, new growth will soon develop with a freshness and colour that only new foliage can provide. At the same time, check that the ivy is not beginning to invade gutters or down pipes, or even into the roof tiles! Check also (before starting) for bird nests which may be hidden in the tangled growths. If these are evident, delay the cutting for a month or two.



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## Na Meáin Shóisialta

Micheál Ó Súilleabháin

Níl aon amhras faoi ach go bhfuil réabhlóid tar éis tarlú i gcúrsaí cumarsáide le céad bliain anuas. Ag an am úd, ní raibh an raidió ar fáil agus ar éigean a bhí an teileafón in úsáid. Thóg sé tamall ar an nuacht scaipeadh. Bhí an nuachtán tábhachtach ag an am mar a fheicimid sna sean-nuachtáin ina mbíodh cur síos cuimsitheach ar chásanna cúirte agus ar imeachtaí áitiúla. Inniu mairimid i ndomhan éagsúil ina mbíonn nuacht ar fáil ó dhubh go dubh ar chasadh an chnaipe.

De dheasca an dara cogadh domhanda,



Mark Zuckerberg, a bhunaigh Facebook

d'aithin an tionscal míleata go gcaithfí feabhas a chur ar chúrsaí cumarsáide. Dá bhrí sin, thosaigh an rás chun saithilítí a fhorbairt. Ag éirí as na saithilítí cumarsáide, bhíomar in ann craoltaí beo a fháil ar imeachtaí a bhí ag tarlú ar an taobh eile den domhan. Tháinig an teilifís saithilíte chun cinn. Forbraíodh an t-idirlíon a chruthaigh réabhlóid i gcúrsaí cumarsáide.

Is cinnte go bhfuil an t-idirlíon tar éis cur go mór leis an stór eolais atá ar fáil dúinn. Is féidir teacht ar fhreagraí faoi ábhar ar bith gan mhoill. Tá sé riachtanach le haghaidh gnó inniu agus ní féidir le tionscal ar bith forbairt a dhéanamh gan córas leathanbhanda maith a bheith ar fáil.

Nuair a tháinig an fón cliste ar an saol, cruthaíodh dúshlán nua don domhan. Thosaigh comhlachtaí mar Facebook mar rud áitiúil ach scaipeadar ar fud an domhain ar luas lasrach. Ag leibhéal amháin, chuir sé seo buntáistí móra ar fáil. Is féidir leis na heagraíochtaí pobail mar Chumann Lúthchleas Gael agus le clubanna de gach cineál eolas a scaipeadh dá mbaill go tapaigh. Tá sé seo an-áisiúil agus le moladh.

Tá taobh eile le cur san áireamh, áfach. Is féidir nuacht a scaipeadh trí mheán na suíomhanna idirlín seo. Cuireann sé seo ar chumas daoine agus grúpaí ar leith casadh a chur le scéalta a dhéanfaidh dochar. D'fhéadfaí an argóint a dhéanamh, b'fhéidir, gur féidir leis na gnáth-nuachtáin an rud céanna a dhéanamh. Tá difríochtaí móra, áfach. Tá dlíthe maidir le leabhal agus

clúmhilleadh i bhfad níos soiléire maidir le nuachtáin. Dá bhrí sin, caithfidh na nuachtáin a bheith an-chúramach faoi na scéalta a chuireann siad i gcló. Caithfidh siad scagadh a dhéanamh ar fhoinis ar gach taobh den scéal chun teacht ar an bhfírinne. Má dhéanann siad failí san obair seo, tá an baol ann go dtógfaidh duine éigin cás cúirte ina n-aghaidh a chosnóidh suim mhór airgid. Ar an taobh eile den scéal, tá sé i bhfad níos deacra cás cúirte a thógaint in aghaidh comhlachtaí mar Facebook agus Twitter. Tá acmhainní móra acu nach bhfuil ag an duine aonair agus úsáideann siad an argóint nach bhfuil iontu ach éascaitheoirí a chuireann ardán ar fáil don phobal. Chonaiceamar i dtoghcháin 2016 i Meiriceá gur fostaíodh daoine chun tuairimí diúltacha a chur in iúl faoi iarrthóir amháin, gur haiceáladh teachtaireachtaí ríomhphoist mar chuid den iarracht chéanna. Sa tslí seo, is féidir dul i gcion ar an bpobal leis an iompar mídhleathach seo. Tá daoine ag obair go lán-aimseartha na laethanta seo chun eolas faoi chuntais bhainc a fháil ionas gur féidir leo airgead a ghoid. Ní mór do gach éinne a bheith ar an airdeall. Ní chabhraíonn an t-eolas a chuireann daoine ar fáil ar Facebook leis an slándáil a neartú.



Jack Dorsey, a bhunaigh Twitter

Tá sé le tabhairt faoi deara sna suíomhanna nuachtáin ar an idirlíon gur féidir le léitheoirí tuairimí a chur in iúl faoin alt atá díreach léite acu. Déanann daoine a n-aighe suas láithreach faoin scéal. Go minic, is iad na daoine a mbíonn tuairimí diúltacha acu faoi gach rud a thugann freagraí ar an alt. Tá polaiteoirí i gcéin agus i gcóngar ag cur a gcuid tuairimí in iúl sa tslí seo. Is é an sampla is cáiliúla den chleachtas seo ná an tUachtarán Trump sna Stáit Aontaithe. Ach tá roinnt dár bpolaiteoirí féin a leanann an cleachtas céanna. Chun teacht ar chinneadh ceart faoi cheisteanna polaitiúla nó faoi ábhar ar bith, is gá machnamh a dhéanamh ar an gceist, éisteacht le tuairimí éagsúla sula ndéantar cinneadh. Nuair a

toghadh an tUachtarán Ó Cinnéide mar Uachtarán na Stát Aontaithe nach mór seasca bliain ó shin, cheap sé airí agus comhairleoirí a raibh eolas domhain acu agus a raibh tuairimí éagsúla acu ar ábhair. Nuair a bhí sé ag iarraidh cinneadh tábhachtach a dhéanamh, d'éist sé lena gcuid tuairimí agus rinne sé plé leo ar na himpleachtaí a bheadh ag cinniú éagsúla. Sa tslí seo, bhí sé in ann teacht ar chinneadh ciallmhar. Nuair a thug Churchill óráid chaithréimeach ag deireadh an Dara Cogadh Domhanda, chuir sé liamhaintí diúltacha áirithe i leith an Taoisigh, Éamon de Valera. Rinne sé é a mhaslú. D'fhan de Valera roinnt laethanta sular fhreagair sé Churchill. Thóg sé an spás chun machnamh a dhéanamh ar na focail a d'úsáidfeadh sé. Nuair a thug sé freagra, chosain sé seasamh na hÉireann i slí a bhí daingean ach nach raibh maslach do Churchill. Moladh an óráid go forleathan.

Is baolach go bhfuil caighdeán na cumarsáide imithe in olcas. Lorgaítear freagraí ar an bpointe. Tá gach éinne ina 'shaineolaí' ar gach ábhar. Úsáidtear an t-idirlíon chun bulaíocht a dhéanamh ar dhaoine. Scaiptear scéalta bréagacha. Tá na comhlachtaí idirlín tar éis éirí saibhir ach ní mór dóibh a bheith níos freagraí. Má scaiptear scéal atá bréagach, creidfídh go leor daoine é. Má chruthaítear go bhfuil sé bréagach, creidfídh go leor daoine é fós. Má scríobhann duine litir chuig nuachtán, caithfidh sé a sheoladh agus a uimhir ghutháin a chur ar fáil. Tá spás ag na comhlachtaí idirlín fós córais a chur ar fáil agus rialacha a chur i bhfeidhm chun caighdeán na cumarsáide a ardú sula mbíonn ar an stát é a dhéanamh.

### Gluais:

**cuiimsitheach = comprehensive**

**cumarsáid = communication**

**leathanbhanda = broadband**

**dúshlán = challenge**

**leabhal agus clúmhilleadh = libel and defamation**

**faillí = negligence**

**acmhainní = resources**

**cinneadh = decision**

**impleachtaí = implications**

**éascaitheoirí = facilitators**

**liamhaintí = allegations**

**saineolaí = expert**

**ar an airdeall = on alert**





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## Dr. John Sheehan

MB, BCH, BAO, DCH, DME, MRCGP, MD

Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine. Signs and symptoms include cramping, abdominal pain, bloating, gas, diarrhoea or constipation. IBS is a chronic condition that you need to manage long term. IBS digestive symptoms can vary widely, including stomach pain, bloating, reflux, flatulence and bowel urgency. Only a small number of people with IBS have severe signs and symptoms. Some people can control their symptoms by managing diet, lifestyle and stress. Stomach pain is a hallmark of the condition, and bloating has been found to affect more than 80% of people with IBS.

More-severe symptoms can be treated with medication, dietary control and self-management of symptoms. IBS doesn't cause changes in bowel tissue or increase your risk of colorectal cancer.

The signs and symptoms of IBS vary. The most com-

mon include abdominal pain, cramping or bloating that is typically relieved or partially relieved by passing a bowel movement; excess gas, mucus in the stool and diarrhoea or constipation. Sometimes bouts of diarrhoea and constipation alternate.

Most people with IBS experience times when the signs and symptoms are worse and times when they improve or even disappear completely.

See your doctor if you have a persistent change in bowel habits or other signs or symptoms of IBS. More-serious signs and symptoms include; Weight loss, Rectal bleeding, Iron deficiency anemia, Unexplained vomiting, and difficulty swallowing.

The precise cause of IBS isn't known. Factors that appear to play a role include:

Muscle contractions in the intestine. Contractions that are stronger and last longer than normal can cause gas, bloating and diarrhoea. Inflammation in the intestines; Some people with IBS have an increased number of immune-system

## IRRITABLE BOWEL SYNDROME (IBS)

cells in their intestines. IBS can develop after a severe bout of diarrhoea (gastroenteritis) caused by bacteria or a virus. IBS might also be associated with a surplus of bacteria in the intestines (bacterial overgrowth). Microflora are the "good" bacteria that reside in the intestines and play a key role in health.

The role of food allergy or intolerance in IBS isn't fully understood. A true food allergy rarely causes IBS. But many people have worse IBS symptoms when they eat or drink certain foods or beverages, including wheat, dairy products, citrus fruits, beans, cabbage, milk and carbonated drinks. Stress and hormonal changes can trigger symptoms of IBS.

There are not tests for IBS and the diagnosis is based more on the clinical history. You may need tests to rule out other possible causes of your symptoms such as coeliac disease or inflammatory bowel disease.

Many people have occasional signs and symptoms of IBS. But you're more likely to have the syndrome if

you: young, female, family history of IBS.

Finding ways to deal with stress may help prevent or ease symptoms of IBS. FODMAP diets may help reduce attacks of IBS.

FODMAP DIET stands for fermentable oligo-, di-, mono-saccharides and polyols. These are the scientific terms used to classify groups of carbs that are notorious for triggering digestive symptoms like bloating, gas and stomach pain. FODMAPs are found in a wide range of foods in varying amounts. Some foods contain just one type, while others contain several. The main dietary sources of the four groups of FODMAPs include: Milk, yogurt and soft cheese, Wheat, rye, and various fruits and vegetables, such as garlic and onions.

A low FODMAP diet may help reduce some of the symptoms and signs of IBS. A low-FODMAP diet restricts high-FODMAP foods. Fortunately, both stomach pain and bloating have been shown to significantly decrease with a low-FODMAP diet.

## Upper Glanmire ICA

### Update on Guild activities

- At our March Guild meeting, Jenefer O'Dowd presented €100 to Rita Cloghessy, our President (on behalf of the Social Craft group). This generous donation is towards the Federation Charity Cancer Connect.

- Also at our March meet-



Mr Noel Dunne, local co-ordinator for the Mens Sheds

ing, we were delighted to welcome Mr Noel Dunne, local co-ordinator from the Mens Sheds. Noel gave us a great outline of the organisation nationally, their various activities, which include many social events, craft work and choirs.

- Attendance at our monthly meetings continue to grow, in spite of the winter weather!

- Crafts have also resumed on Monday evenings in the



Our members listening and enjoying Noel's presentation on the Mens Sheds

Community centre at 7.30, so come along and start that blanket or scarf, and enjoy the relaxation that comes with crochet and knitting!

### April Recipe (cream cakes) Mary Cashman

- Just buy ready made puff pastry and cut out oblong shapes, any size.
- Cook in the oven at 180° until golden brown (8..10 min approx)
- Allow to cool completely

on a wire tray.

- Meanwhile, whip your cream.

- For the icing, add a little water to some icing sugar and a drop of colouring.

- spread the cream between 2 pastry slices and a little jam of your choice if you wish.

- Spoon the icing on top of each cake and allow to set.



Mary Cashman's cream cakes





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**Sen. COLM BURKE**



**Advice Clinic**  
**Glanmire Community Centre**  
**Saturday 20 April**

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33, Washington Street, Cork.  
021 4824577 or 01 6183115  
Mb no 087 2592839

Email: [colm.burke@oir.ie](mailto:colm.burke@oir.ie)

Advice Centre,  
Glanmire Community Centre  
Third Saturday of each month  
12.30p.m. – 1.30p.m.

90A, Shandon Street, Cork,  
Fridays 11.30a.m. – 1.30 p.m.  
Saturdays 10.00a.m. – 12 noon



MANDY

**O'LEARY HEGARTY**

Working with you for the benefit of our community

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## Clasaic Gailf

“The Cumann na dTuismitheoirí i gColáiste an Phiarsaigh would like to express their sincere gratitude to everyone who contributed in anyway in making our annual Golf Classic and Ball Drop such a success. To all our sponsors, golfers and volunteers, go raibh míle maith agaibh go léir and we look forward to seeing you again next year.” Táimid fíor-bhuíoch díobh go léir.

## Meitheal 2018 2019

Ba mhaith linne, foireann Meitheal na scoile 2018 - 2019, roinnt eolais a roinnt libh i dtaobh na hoibre atá curtha i gcrích againn go dtí seo i gColáiste an Phiarsaigh. Bhuaileamar le daltaí na chéad bhliana don chéad uair ar an 30 Bealtaine 2018, don Lá Ionduchtú, a eagraíodh sa scoil anseo. Bronnadh ár “hoddies” orainn ar dtús. Dheineamar camchuairt bheo timpeall na scoile ansan len ár gcuairteoirí, ag cur ar a stuile dóibh cá raibh na háiseanna spóirt agus na seomraí éagsúla, idir seomraí teagaise, oifigí agus araile. D'imríomar roinnt cluichí leo freisin. Tar éis laethanta saoire an tsamhraidh, ar an gcéad lá scoile ag deireadh mí Lúnasa 2018, bhíomar anseo sa scoil arís chun cabhrú leo socrú isteach agus aithne a chur ar a chéile. Chuireamar dalta ón gcúigiú bliain mar ‘anamchara’ le gach dalta chéad bhliana chun tacaíocht a thabhairt dóibh.

D'fhreastlaíomar ar a dturas scoile a bhí eagraithe san ionad eachtraíochta i gCois Coinne. Ghlacadar san páirt i mboghdóireacht, rith láibe, agus go leor gníomhaíochtaí spráilúla eile. D'eagraíomar Tráth na gCeist Oíche Shamhna do na hanamcharaí agus do dhaltai na chéad bhliana araon, i mí Dheireadh Fómhair. Baineadh an-taitneamh agus sult as an gcomórtas maisiúchán um Nollaig a d'eagraíomar.

Rinneamar cur i láthair ar shláinte intinne i mí na Samhna dóibh chomh maith chun iad a chur ag machnamh faoin a sláinte intinne féin agus conas déileáil le cuid de na dúthshláin a bhíonn rompu. Le déanaí bhí cóisir piótsa ar siúl do rang Abán. Bhuaigh siad siúd comórtas maisiúchán na Nollag. An chéad ghníomh eile a bheidh á reachtáil againn is ea maidin chaifé ach beimid ciúin faoi sin go fóill. Tá go leor pleananna eile againn don chuid eile den bhliain ach caithfidh iad siúd a choimeád faoi cheilt go fóill freisin!

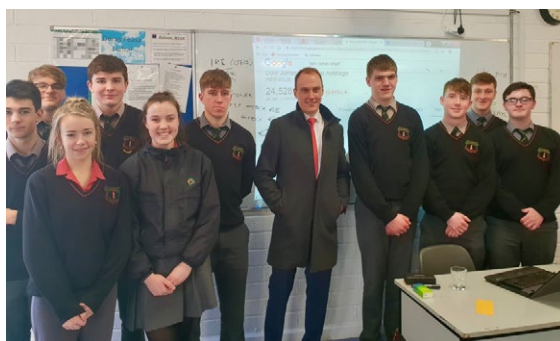
Is léir ón méid thuas go bhfuilimid an bhroidiúil agus an-ghníomhach go deo.

## Forbairt Ghairmiúil



Múinteoirí i mbun na teicneolaíochta á dtaifead ar scoil, ag críú de chuid na Seirbhíse um Fhorbairt Ghairmiúil do Mhúinteoirí [PDST], faoi bhráid físe chun tacú le húsáid na teicneolaíochta sa seomra ranga.

## An Roinn Gnó



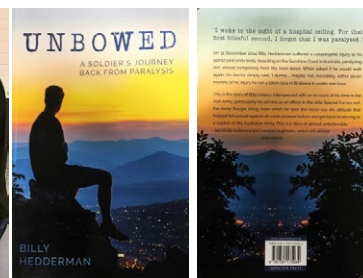
Tháinig aoichainteoir de chuid Davy Group, chun na scoile ar chuireadh ó Roinn Gnó na scoile ar na mallaibh, mar a raibh David Clifford. Labhair sé leis na daltaí gnó i dtaobh chúrsaí gnó, gan amhras. Thagair sé go mór don stocmaltarán áfach. Thug idir mhúinteoirí agus daltaí an-éisteacht dó. Ba léir go raibh fios a ghnó aige. Is cuid lárnach é, an t-ábhar úd, dóibh siúd ar mhian leo tabhairt faoin gcúrsa faoi bhráid Scrúdú na hArdteistimeireachta.

## Siansa Gael-Linn 2019



Comhghairdeas leis na daltaí ar fad a ghlac páirt i Siansa Gael-Linn 2019. Cé nár éirigh leo an craobh chomórtas a bhaint amach is cinnte gur bhain siad an taitneamh as an ócáid. Is comórtas é seo do ghrúpaí traidisiúnta agus bhí sé ar siúl san ardchathair. Beidh lá eile ag an bPaorach.

## Unbowed



Guímid gach rath ar iardhalta na scoile, Liam Ó hÉadromáin lena leabhar Unbowed. Is fiú go mór é a léamh agus tá sé an-spreagúil go deo.

## Aoichainteoir



Thug aoichainteoir de chuid Choláiste Stiofáin Naofa eolas cuimsitheach do dhaltai an tséú bliain le déanaí faoi na cúrsaí agus na háiseanna atá ar fáil sa choláiste. Tá breis is deich gcúrsa agus dhá scór á gcur ar fáil san ionad oideachais úd, a fhreastalaíonn ar iliomad gné den oideachas.

## “The Greatest Bankers”



Le linn na bliana seo bhí foireann Banc scoile Choláiste An Phiarsaigh ag obair go dian dícheallach. An fheidhm atá ag an mbanc seo ná tacaíocht leanúnach a thabhairt do phobal na scoile agus chun sláinte intinne agus indibhidiúlacht a chur chun cinn i measc daltaí na scoile. Deineadh lainseáil ar an mbanc scoile roimh an Nollaig. Ba é an t-imreoir ionspioráideach ó Chorcaigh Conor Lehane a rinne an seoladh dúinn. Bhí Daidi Na Nollag ann freisin. Thug sé amach foirmeacha don bhanc. Lá den scoth a bhí ann don scoil ar fad i ndóthair.





**Ger Keohane MCC**



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**Keep Calm and Vote Keohane**

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**REPRESENTING YOUR COMMUNITY**

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**LABOUR**

**Sean O'Sullivan**

Independent

Cork City North East Ward  
(including Glanmire and Mayfield)



Any issues

**CONTACT: SEAN 086 860 9924**

**OLIVER MORAN**

**GLANMIRE'S GREEN PARTY REPRESENTATIVE**

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Independent Candidate for 2019 Elections





Iris Wilkins McCarthy brings her pick of photographs from around Mayfield.  
If you would like your photos featured on Mayfield Eye please send to  
iriswilkinsmccarthy@gmail.com

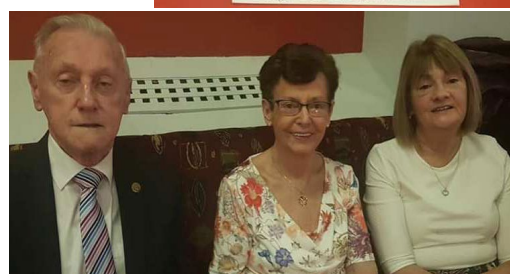
The Mayfield Eye covered the Mayfield heat of the Over 60's and what superb performances from the contestants Paddy Desmond, John Healy, Ray Heffernan, Barry Looney, Cyril Kavanagh, Pat Quike, Denis Lane, John McDonnell, & Ned Walsh. The event was sponsored by Our Lady Crowned Credit union and the event was organised by Marie Barry & the Mayfield Ladies Club, hosted by the Corkonian of the Year 2019 Paddy O'Brien. The judges were Humphrey O'Sullivan and Charlie McAllister. Cllr. Joe Kavanagh represented the Lord Mayor.



Winner Denis Lane



Winner Denis Lane with Laura O'Sullivan of OLCCU, Marie Barry Organiser, Cllr. Joe Kavanagh and MC Paddy O'Brien



Mayfield Ladies Club







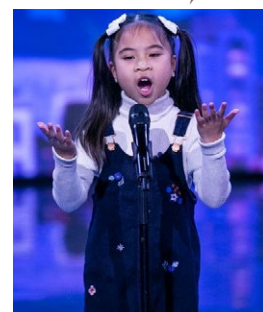
Mary McCarthy Irish Dancers who were very busy on St. Patricks Day dancing at Mass in Our Lady Crowned Church, Sars Club and Upper Glanmire.







The Mayfield Mens Shed Choir have an average age of 72 and a total age of 1100. In the year and a half since forming the choir, they have performed for the Lord Mayor of Cork and have previously sang in front of 500 people at Pairc Ui Chaoimh, in nursing homes, schools, churches and charity gigs. The group recently got a yes from all four judges on Ireland's Got Talent



Best of Luck to 8-year-old Liv Amerie Gregorio who is through to the Live Shows on Ireland's Got Talent. She wowed the crowd with her lively rendition of the song, "Everything's Coming Up Roses" from the Broadway musical "Gypsy."



Lily Daunt aged 7 playing an orphan in her CADA Group at Feis Mathew Cork and Big Sister Lucy Daunt aged 10 who graduated from her CTY course Law and Order at UCC



Jack O Driscoll with his dad Paul, sister Lorna, mum Deirdre and grandmother Eileen Punch, at the Jack O Driscoll Dinner Dance held recently in the Clayton Silversprings Hotel



Massive congratulations to Roy Saville member of Mayfield United on his Bronze Medal in the 200m at the Special Olympics World Games in Abu Dhabi, doing Mayfield, Cork and Ireland proud!!!!!!



Olivia Brennan on left who is off to Kenya in aid of "Moving Mountains Charity" pictured at her Fundraising Event "Preloved Dress Sale" with Lisa Fitzgerald, Ber Kelly, Iris Wilkins and Nuala Murphy



3rd Cork Scout Group - St. Patrick's at a hike to the Galty Mountains



Great turnout from Mayfield GAA Juvenile boys and girls clubs at the St. Patrick's Day parade



Above: Mayfield Ladies GAA 10-year anniversary & another bit of history added to the Ladies Club as they were proud to walk side by side with the Men's Club in the St. Patrick's Day Parade ....mayfield abú



Angela O Callaghan and her nieces Eva, Ciara & Saoirse O Callaghan at the Upper Glanmire Parade





## GLANMIRE LADIES FOOTBALL CLUB

### Cork players

A Big Congrats to our girls Abbie O Mahony, Ellen Baker, Shauna Murphy, Kayla O'Connor, Niamh McAllen and Alison McNamara who have been selected on the cork minor panel for 2019.

Caragh Byrne, Orlaith Roche, Aisling Mc Allen and Olivia Mc Allen for been named on the cork u16 panel and Caoimhe Richmond who has been named on the u14 cork panel the club are extremely proud of the girls and wish them all well for 2019 with the respective cork teams.

### Goal keeping course

There was no rest for some of the girls during our last midterm break, taking to the field for a special goal keeping course, all the girls reported that despite the rain and cold the had a great morning



Goalies

### Easter camp

We are Please to share the link for the 2019 Glanmire football Easter camp run by Glanmire ladies Football Club in conjunction with Glanmire football club, camp is open to boys and girls aged 6-14.

April 23rd, 24th and 25th  
10am- 1.30pm The Pike field.

€30 per child, €50 for 2,  
€70 for 3

Run by Senior Coach  
Geraldine O'Flynn

Any enquiries to club  
development officer

**Mark Byrne**

**(086) 868 5489**

Also see glanmire

Facebook and twitter  
pages to register.



### Glanmire Ladies Football Easter Camp Boys and Girls 6-14 yrs.

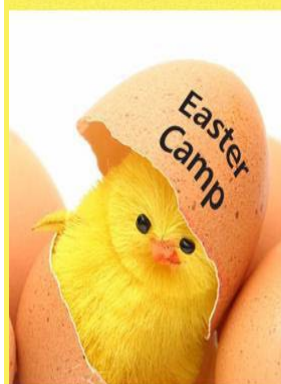
**April 23rd, 24th, 25th 10am-1.30pm**

**Cost €30 per child, family of 2 €50,  
family of 3 €70.**

**Run by our Senior Coach Geraldine  
o Flynn.**

**Booking on my clubforce app..more  
details to follow.**

**email: [lgfcglanmire@gmail.com](mailto:lgfcglanmire@gmail.com)**



Easter Camp poster

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Contact Garreth Fitzgerald  
086 3787758

**Sponsoring this page on behalf of the Glanmire Ladies Football Club**





# Gaelscoil Uí Drisceoil Clasaic Gailf Bliantúil 2019

**Friday 31st May**

Six, sei, sech, sé, no matter how you say it, it all adds up to the 6th running of Gaelscoil Uí Drisceoil's Annual Golf Classic. This is a 'must play' event for every golfer no matter if you are a regular weekend warrior or a fair weather Summer enthusiast. This years exciting event will take place on Friday 31st May in the fantastic Cork Golf Club in Little Island, Co Cork.

The event which is an important fundraiser for the school has always been superbly supported by both parents past & present of the school and of course the many local businesses who all help to make it a memorable day. This years funds will go towards the building of a new outdoor astro-turf play area which will benefit all the children of the school for many years to come.

Every year, the event is over subscribed. With many teams having already secured their places. Limited places are now available with teams of 3 being available for just €200. This includes access to the club facilities on the day, tee-times for three people, followed up by a fantastic steak dinner in the Club House and of course some fantastic prizes.

So if you want to enter a team of friends, colleagues or family all you have to do is contact Ken Carroll on 087 691 7935 or email [cairde.gailf@gmail.com](mailto:cairde.gailf@gmail.com).

Finally, "Míle Buíochas" to our title sponsor Irwins Pharmacy for their continued and much appreciated support.



Photograph: Eddie Irwin (Irwins Pharmacy, title sponsor) with Dave Lewis and Siobhán Ní Chatháin (Príomhoide Gaelscoil Uí Drisceoil) at the launch of the 2019 Gaelscoil Uí Drisceoil Golf Classic.

Main Sponsors: Absolute Security Systems, Réaltaí, DNG Murphy Condon, Southern Signs, ACUCARE, Ryans SuperValu.

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SECURITY SYSTEMS





## Mayfield Community School



On Tuesday, 5<sup>th</sup> February, senior cycle students visited Trend Micro in Cork to mark Safer Internet Day which was being celebrated by schools nationwide. Students gained a valuable insight into how to be responsible internet users. Workshops highlighting safer internet use were held with the Junior School students during wellbeing week, which took place in school from the 4<sup>th</sup> – 8<sup>th</sup> March.



On Friday 25<sup>th</sup> of January 2018, we were fortunate enough here in Mayfield Community School to be visited by Ms. Caroline Morrissey of the Holocaust Education Trust Ireland. We were incredibly proud of all our students in attendance whom displayed great enthusiasm in the subject. All funds raised go toward educating Ireland's youth on the Holocaust.



Thank you to our students and Ms. Collins who fundraised for the Irish Heart Foundation on Valentine's Day at Dunnes Stores, Ballyvolane. Your hard work and enthusiasm was greatly appreciated by all.



Congratulations to Aaron Casey, fifth year student who has been awarded a scholarship to study at the Institute of Arts in Barcelona for a week in July.



Well done to our students who achieved 100% attendance recently. Each student was awarded two cinema tickets and a certificate of achievement.



The school has recently launched a positive mental health programme. This initiative will see students and teachers from the school working towards promoting positive mental health and creating a whole-school culture of wellbeing.

**To keep up to date with news and information follow our twitter @mayfieldcs**





## Know Your Rights: Irish Language Exemption

**March 2019**

**Question:** My son is exempted from studying Irish. Can he still go on to study at third level?

**Answer:** Students must have the academic entry requirements (also called matriculation requirements) for the third level course they want to take. You can get detailed information on these requirements directly from the universities, technological universities, insti-

tutes of technology and colleges of education.

If a certain mark in the Irish Leaving Certificate exam is a matriculation requirement, students who had an exemption from the study of Irish may also be exempted from this requirement.

Exemptions from Irish matriculation requirements may be granted, for example, to a student who was born outside Ireland, was educated wholly or partly outside Ireland or who has a specific learning disability. This is a matter for each individual college.

All students applying for a third-level course through the Central Applications Office (CAO) should send a copy of their exemption certificate with their CAO application form.

The college may also ask the student to complete a separate exemption application form and to submit supporting documentation. You should check with the individual college for details on how to apply for an exemption.

**Know Your Rights has been compiled by the South Munster Citizens Information Service which provides a free and confidential service to the public.**

Further information on this and other matters is available in confidence from the:

**Mayfield Citizens Information Centre, Roseville House, Old Youghal Road, Mayfield. Telephone: 0761 07 6880**

Opening hours are Monday to Friday 10.00am – 1.00pm, Monday to Thursday 2pm – 4pm.

Citizens Information is also available through the Citizens Information Service at 0761 07 6850, the Citizens Information Phone Service 0761 07 4000 or online at [www.citizensinformation.ie](http://www.citizensinformation.ie)

## Cobh and Glanmire Union of Parishes

### A Date for Your Diary

### The Annual Garden Fête

will take place on the afternoon of

**Saturday 11th May at 2.30 p.m**

in the grounds of

**St Mary and All Saints Church,  
Church Hill, Glanmire**

Attractions will include

**Live Music by Bobby Seward**

**Super Stalls**

Ice Creams and Minerals

Household Stall

Plant Stall

Cake Stall

Gift Stall

Book Stall

Toy Stall

**Children's Corner**

With face painting and many other activities and attractions

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**€300 Shopping Voucher – sponsored by Ryan's Supervalu, Glanmire**

**A Voucher for 4 Green Fees – sponsored by Cork Golf Club Super Hamper**

**Beauty Hamper – sponsored by Pharmacy First Plus, Glanmire**

**A Voucher for Sunday Lunch for 2 – sponsored by The Barn Plus Many More Prizes**

We look forward to welcoming you, your family and your friends to what will be a very enjoyable community occasion

## Councillor Ger Keohane Monthly Update

Our INDEPENDENT Local Councillor, Ger Keohane has secured funding through the Community Initiative Fund for

- Glanmire Ladies Football Club €5k
- Sallybrook Tidy Towns €2100k
- Sars Hurling €5k
- St John's Ambulance Glanmire €3k
- Erin's Own GAA €5k
- Erin's Own Ladies €5k

Also, our INDEPENDENT Councillor, Ger Keohane and with the help of Cork County Council, the Munster 100 Motorcycle event for this years August Weekend is going fantastically, through funding secured by Ger the racing track for this



event will be resurfaced and will be up to standard for the motor bikes, this will be a huge economic benefit for Glanmire.

Always remember  
**KEEP CALM and VOTE  
KEOHANE and  
STAY LOCAL.**





## Little Island NS



Members of the Pfizer Upjohn team presenting Little Island NS with a poster of Marine Life of Cork Harbour

### Partnership with Pfizer Upjohn:

We recently visited the Pfizer Upjohn site to discuss developing a closer partnership. We have a number of plans in place that we hope will be mutually beneficial. They have been in Little Island for over 40 years and they are very proud of that connection.

They are developing a garden on their site at the moment and our students are going to create a piece of bottle top art for it. Our Students Council are going to plant and decorate a planter in their garden as well.

Pfizer Upjohn are going to paint the wall at the front of the school in the next few weeks. They are also going to develop a sensory garden at the front of the school during the summer.

These are the first steps in what will be a closer relationship. There will be further opportunities in the future for science workshops, engineer visits etc.

Pictured above are members of the Pfizer Upjohn team presenting us with a poster of Marine Life of Cork Harbour.

### Science Quiz:

Our Science Quiz Team travelled to Glanmire Community College for an inter-school science quiz. It was a challenging but fair quiz and our students did an excellent job and represented our school really well. We are very proud of them.

Thanks to everyone at GCC for inviting us to this quiz and for looking after us so well.



Science Quiz

### Road Safety Authority Workshop:

Cathal from the Road Safety Authority came in to speak to our students about how to stay safe on our roads. He reminded them about wearing safety belts, crossing the road safely, cycling safely, and much more. He handed out some reflective arms bands to remind us all to Be Safe, Be Seen.

He is pictured here during the 5th and 6th Class workshop.



RSA Workshop

### Water Guardians:

Noel, Gavin and Nick called to visit to tell our 5th and 6th classes about Cork Harbour Water Keeper. Their mission is to have drinkable, swimmable and fishable water in Cork Harbour.

They are also working with our local cubs and scouts.



Water Guardians

They will help with local beach clean-ups to gain an eco-merit badge.

We made logos, slogans and posters on the theme "Solution to Pollution". On completion of this piece of work our students received a certificate awarding them the title Water Guardian!

### Engineer Visit:

Two civil engineers who are working on the Dunkettle Interchange came to talk to 5th and 6th class



Dunkettle Engineer Visit

about the project. They showed our students what the interchange looks like now and what it is planned to look like

in three years' time. They also explained what type of work a civil engineer does and all the factors they need to consider every time they undertake a project. After the presentation they gave the children spaghetti and marshmallows and the children had to build a bridge. They had great fun!



FAI Girls Training Feb 2019





## GLANMIRE COMMUNITY GAMES

### Cork County Finals Competitions

Glanmire for the first time ever hosted the u14 quiz competition and the u13 chess competition at the Glanmire Football Club clubhouse on Saturday 9 March

### QUIZ

There were 10 teams represented in the quiz and we were represented by a team from Gael Scoil Ui Drisceoil man-

them well in the all Ireland finals in August In University of Limerick. A team from Watergrasshill finished third.

Glanmire Quiz Team – Faye Ni Foghlu, Stephen O'Suilleabhain, Sean and James Ferger, and Jack Breathnach

Watergrasshill Team-Oscar Whelan, Daragh Delaney, Conor McHugh, and Alex Cronin



Glanmire Quiz Team Getting Their Medals

aged by their teacher Aoife Trench

This competition is for students U14. The Glanmire team were younger than some of other teams but battled gamely to get second place and silver medals.

It would be great if this team could be kept together into next year and with the extra year they will be a hard team to beat.

A team from Castle-townbere won this event and we wish

### Chess

The excitement before the chess event was very evident. The fifteen teams u13 were seated and competitions started at 2.30 pm and finished at 5pm. It is a new event for Glanmire students and the feedback suggests they were delighted with the day. With more experience there is no doubt that we have some chess stars in our midst.

A team from Kinsale won this event and a team from Watergrasshill were second



Glanmire Community Games

Glanmire Team Number 1-James Starr, Jack Kelleher, Grainne Sneddon, Shane Harrington, and Thomas Cotter.

Glanmire Team Number 2-Jamie O'Murchu, Fred MacAnmhlaoigh, Fionn O'Deargan, Fionn o Combhui, and Sam oLaoire

Watergrasshill Team-Oscar Whelan, Daragh Delaney, Conor McHugh, Alex Cronin, Dara Cuffe

Over 300 people competitors and family members and others visited the event on the day. It was a huge

success. Thanks to the Gaelic Football Club for the use of their magnificent facilities.

**Next Events- April 2019**

**ART for boys and girls u8-u10-u12-u14 and u16**

**Choir Competition**

**Further Details from the Community Centre 021/4821333 Jackie**



Michael with Robbie and Sara Burns



Chess Teams







Chess Teams



## GLANMIRE Over 60's Talent Competition

...continued from Front page: Glanmire Over 60's Talent Competition winner Eric Downey



## PROFILE: Mandy O'Leary Hegarty

**Sinn Fein Local election candidate for Cork City North East Constituency.**



**Born:** Born in Cork and has made Glanmire my family home for the past 20 years.

**Family:** I am married to Michael and we have two young children aged 10 and aged 6.

**Job:** I work as a secretary in a Special School in Montentotte, and get to see 97 super heroes every day! Before that I worked in the Travel industry for 18yrs specialising in Marketing/PR and Business development.

**Pets:** Our much adored cockapoo dog named Austin whom we adopted

**Favourite pastime:** My favourite pastime is those moments in the car as I drop and collect my children and their friends from local GAA, Tennis, Swimming, Gymnastics and Chess...and it's all worth it! And then Austin (our dog) taking me for run, while I listen to music.

**What you like best about Glanmire:** The great community spirit where everyone looks out for each other. Working together to make sure our community continues to be vibrant and sustainable into the future for both residents and businesses.

**Dislikes:** People littering our beautiful countryside and our community.

**Hopes and aspirations for 2019:** To be successfully elected as a local representative to represent my community going forward in the new Cork City Council in May 2019. Initiating the much needed readdressing of community infrastructure such as playgrounds, youth facilities and services for the elderly.







## ERIN'S OWN LADIES CLUB

### U16 Football

Our u16's kicked off their league campaign on a wet and windy Sunday morning to Na Piarasigh on the 10th of February. Our girls started strong but tired quickly with tough underfoot conditions. We were narrowly beaten on the day.



Erin's Own U16 Team

Our next outing was away to a young Bride Rovers on Saturday 16th of February. A great display of teamwork and skill saw us pick up a lead in the first half thanks to a strong wind. The hard work done by the girls at training really showed in the second half when Bride Rovers put it up to us. Thankfully our strength and fitness prevailed, and we were able to secure the win.

We battled the floods on Sunday 3rd of March to head down to Cloyne on a miserable morning. Credit to Cloyne, the pitch was in great condition given the amount of rainfall over the few days. Both teams were so evenly matched and competitive that this was a game that felt more like Championship than league. A draw was the only fair result given the tough conditions. It was great to see the comradery between the two teams at the end of the game as they took full advantage of the mucky puddles on the outskirts of the pitch.

### U21 Football

Our u21's kick off their Championship

campaign to Ballincolling on Sunday 18th of March. Unfortunately the result didn't go our way on the day.

### Junior Football

Our Junior ladies kicked off their league campaign away to a newly reformed Bandon side on Sunday 24th of February. Although the rivalry be-

tween these two teams was still prevalent after encountering each other numerous times in championship and finals over the years it is great to see Bandon back competing in the Junior division.

Our Junior team recently went through a revamp of our own after losing a number of prominent players to Abu Dhabi and California but thanks to a great underage structure we have an influx of young players coming through the ranks looking to make a name for themselves. After a tough battle and strong winds, we thankfully came away with a win. Our next outing is against St Mary's.

### U16/Minor/Junior Camogie

Our u16 / Minor / Junior camogie teams are training hard the last number of weeks in anticipation for the upcoming leagues. This year sees the reintroduction of our Junior team after a long leave of absence from the adult competition. For any queries on any of the above teams or train-

ing times please contact Sandra on 0879919346. Wishing these teams all the best for the 2019 season.

**We would like to take this opportunity to wish our own Aimee Corcoran and the Cork Ladies u16 team all the best with their Championship campaign this year. We are incredibly proud of you Aimee!!**



Aimee Corcoran

The **Gaelic4Mothers&Others** initiative is an innovative way to introduce mothers and other women to playing Ladies Gaelic Football. Mothers often drop their kids to training and call back to collect them, but the Ladies Gaelic Football Association wants to change that. The **Gaelic4Mothers&Others** initiative sees women playing Ladies Gaelic Football in a fun, non-competitive and social environment. **Gaelic4Mothers&Others** provides an

opportunity for women to get their recommended weekly exercise in a fun way while meeting other mothers in the area. We will train 1 night a week with some challenge games with other cork clubs over a period of 15 weeks. Please contact Claire on 083-4853703 for details. Everyone welcome.

**We would like to thank Fiona Twomey, Solicitor for her help in the promotion of our club and women in sport.**

**Gaelic4Mothers and Others**

**JOIN NOW!**

**WHO CAN PLAY?**

- Past players
- Women from non-LGFA backgrounds
- Mothers and non-mothers

You just need to be 25+ and not a registered player.

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- ✓ Interact with other women/mothers in the community
- ✓ A Social Outlet
- ✓ Learn about Ladies Gaelic Football
- ✓ Be physically active

**Your Local G4M&O Club is:**

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**Contact:**  
**Claire 083 4853703**

**Ladies Gaelic Football Association**  
Croke Park, Dublin 3.  
**Tel:** (01) 8363156 **Email:** info@lgfa.ie **Web:** ladiesgaelic.ie



## ERIN'S OWN LADIES CLUB PAGE SPONSORED BY:

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C.L.C.G.

# White's Cross GAA News

[whitescrossgaa.ie](http://whitescrossgaa.ie)

## 2019 Playing Season Underway

The months of February and March saw all of the club teams back playing matches. There were plenty of highlights but the first-round Seandún Cup victory over neighbours Whitechurch was probably the stand-out result. Both sides met in the final of this competition back in 2013 but this was only the second time that the club's second football team managed to secure a victory over our rivals who were fielding their first team.

Despite our A team playing on the same morning, we put out a strong side that thoroughly deserved the victory. John Gaffney and Edwin Buckley got the bulk of the scores over the hour, however, the performances of some of the younger backs such as Cathal Quinlan, Cormac O'Flynn, and their more experienced counterparts Ronan Aherne and Donal Kelly, in absorbing and dealing with the mobile Whitechurch forward unit, arguably laid the basis for this very satisfying victory.

The junior A footballers have also started well. There was plenty to be enthusiastic about in their opening-game, one-point defeat to last season's league and championship winners Delaneys. The presence of seven under 21s finishing the game as well as the experience gained from playing a seasoned outfit like Delaney's stood to the side in the following games. A nine-point victory was registered over Na Piarasigh in their most recent match. Again, it is the younger players that were to the fore here. Sam Heffernan scored a superb five points from play while Billy O'Hara scored and set up a goal. Fiachra O'Connell added to his magnificent solo goal he got against Passage with a powerful run ending in a point this time while Killian Ryan has been a colossus at midfield this year thus far showing leadership well beyond his years.

February was also notable for the fact that our adult hurling team returned to the Junior A ranks for the first time in a number of years. Though we fielded at that level when the hurling amalgamation with Whitechurch ended in 2012, this was due to a

county board decision that we should be at A grade rather than a club decision to compete there. After a few years of winning Craobh Rua Cups, Seandún leagues, City Division and then finally County championships in B hurling, the club now returns to the higher level as champions. It is felt, with the influx of plenty of young players, that we are better equipped to the challenges of the higher grade this time around.

## Underage Action



Aaron Wallace makes a great save in the recent minor football match against Tracton

The club held a very successful registration night on the 15th of February in the Upper Glanmire Community Centre. It was great to see so many young players turn out with their parents to get involved. For the under 5/6 Future All-Stars, it was straight back into the action as they were put through their paces for the hour. As always, the emphasis is on fun and new members are welcome to join this or any age group. Training takes place in the community centre every Friday night between 6 and 7pm.

In terms of competitive action, the minor, under 16s and under 14s have all had games at the time of writing. The minors suffered defeat to Tracton but put in a good second half performance. There is a long season ahead and there is plenty of experience in

this young side to rectify this loss as the year progresses.

The under 16s had their opening league game cancelled due to bad weather. They did register one victory in a challenge game against Carraig Na BhFear though. This was a close game throughout and few late goals put some gloss on the victory. The match served its purpose to try out players in different positions and build a panel for the year. Danny Linehan had a great game at wing forward, Rory Teahan pulled off some fine saves in goal and Fionnán Quinlan was on plenty of ball in the forward line all of which will have pleased the coaches ahead of competitive action.

The under 14s had to show tremendous character to secure 2-09 to 3-06 draw against St Colmans in their opening league encounter. Trailing by five points with two minutes to go, they got the 1-02 needed to rescue a point. The side were unlucky with their shooting at times and missed a penalty with ten minutes remaining that might have seen the team going on to win the game. On other hand, had it not been for man-of-the-match Ruairi Quinlan and the Mullins twins, Michael and Luke, in the corner back positions, the side could have been looking at a defeat. All-in-all, a draw was a fair result for this opening round game.

## Luciano's Pizza, Glanmire

In recognition of their long-standing sponsorship of White's Cross juvenile club, our league and championship winning Under 14 team recently paid a visit to Luciano's Pizza, Glanmire. There they met Luciano Snr and Luciano Jnr. After a quick photo in their

sponsored jerseys, the players went indoors for a well-deserved treat. White's Cross juvenile club greatly appreciates the on-going support of Luciano's Pizza and are delighted with their links to the successful Under 14 team of 2018.

## Robert and Ethan with Under 15 Development Squad

The club are delighted to see Robert Docherty and Ethan Ryan with the Cork development football squad. The lads continue to train weekly and being exposed to this higher standard will certainly stand to them and to their team mates in White's Cross. A third player Brendan Quaine was also involved but illness and injury ruled him out temporarily. Well done to the lads involved. It is great to see and hopefully they will be part of a rejuvenation of Cork football nationally in the years ahead.

## St Patricks Day Parade

As usual, there was a strong White's Cross contingent for the annual Upper Glanmire Community Association St Patricks day parade. The club is proud that its members march in the parade itself and that we can support this great family day out by making our grounds available for parking. All participants reported a great afternoon in the parade. The club would like to congratulate Denis Kelly and his crew for the massive efforts that went into organising this great family day out.



White's Cross GAA members having fun at the 2019 Upper Glanmire St Patricks Day parade



The White's Cross 2018 under 14 winning side with kind sponsors Luciano's Pizza, Glanmire







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## GLANMIRE MONTHLY MACRA NEWS



John Hickey of the St Vincent's Hospital receiving a cheque worth €1200 from Glanmire Macra

### Glanmire's Quiz raises €1200 & Contest Seandún Drama Final

This year, we decided to raise money for the St Brigid's Ward in the St Vincent's hospital with our annual Christmas quiz that took place in December. Recently we had the pleasure of presenting to a cheque John Hickey, the CEO of St Vincent's Foundation. The St Brigid's ward is the national liver ward in the country. Recently one of our club members underwent a liver transplant and as a club we decided to raise funds for the ward.

In 2017, 327 people received an organ transplant where 62 of them were liver transplants. Often these transplants will ultimately better the life of the recipients

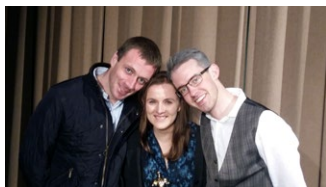
On the night club treasurer, Kevin Smiddy done an excellent job as MC for the night, entertaining the 20 plus tables with Christmas anecdotes.

Of course of the 20 tables, there had to be winners and losers. Kinsale Macra members Lorna and Selina O'Donovan, Don Creedon and Andrew O'Leary claimed second prize. While local quiz team, Tim and Mary Ryder, Sean Murphy and Cathal O'Donovan claiming the first prize.



Gillian Kenneally - Mastermind Runner Up in Donoughmore

At the cheque presentation, Club Chairperson Seamus Reid expressed his "joy at raising such a large sum of money for the St Brigid's Ward." He went onto say that he was "delighted to give something back to such a fantastic organisation" We in Glanmire Macra always enjoy giving back to our community and is always one of the highlights of the club's year."



Glanmire's Drama Cast Tomas Cuffe, Kate Bugler and Declan O'Hara

Also recently, Glanmire's Drama Cast of Declan O'Hara, Tomás Cuffe and Kate Bugler took part in the Seandún Final of the Drama competition. The drama competition falls under the Performing Arts Category of Macra and tests contestants' ability to learn and act out a play verbatim. The trio took on the radio play, Wittgenstein in the West by Stephen Toomey, which is about philosopher Ludwig Wittgenstein trying to un-



Glanmire Participants and Supporters enjoy the NTC

derstand the language of the natives of Connemara. Local Din-Jo and his wife Peig-Cait try to explain the nuances to the German philosopher.

Despite the excellent performance, the cast were unable to beat Carrigaline Macra na Feirme. In coming second though, Glanmire Macra will go through to the next round of the competition. A special mention to Kate Bugler who won the "Best Actress" Award on the night.

### Glanmire seek Seandún NTC Titles

This time of year marks growth, better weather and of course the National Talent Competition (NTC). The NTC is an unique competition in the Macra calendar where participants compete across 6 categories.

Last year was one of significance for Glanmire, taking their first NTC National title in the Novelty Act while securing 2nd place in the contemporary dance category. This year Glanmire decided to focus on the other categories. With members taking part in the Solo Singing, Ballad Group and Set Dancing Categories.

The ballad group of Gillian Kenneally, Will Daly, Marie Hayes, Kevin Smiddy and Muireann Kennedy done a beautiful rendition of the "Spencil Hill" and an up tempo version of the popular Eurovision hit "You've got the World Tonight" by Micky Joe Harte. Alas their efforts wasn't enough on this occasion as they were beaten by Kinsale Macra.

Gillian and Muireann were joined by club mate Jennifer Barry in the solo singing category.

Each of the Glanmire ladies beautifully sang but in what is one of the most competitive field, were beaten by Aine Sheahan of Kinsale.

The ever persistent Gillian Kenneally's night wasn't over yet as she was joined with club mates Michael Buckley, Patrick Healy and Kevin Smiddy in the Macra version of Mastermind. Like the popular tv show, contestants had a specialist topic and a general knowledge round. In a closer fought contest, Gillian pipped club mate Patrick

24-21 after a fantastic specialist round in Irish Geography.

Also, a massive congratulations to Glanmire's set dancers who wowed the audience with the technical skill of the Irish Set Dance. Led by Ava Ruane and joint by Muireann Kennedy, Seamus Reid, Sinéad Broderick, Louise Harte, Aisling Walsh, Maire Hayes and Kevin Smiddy- the Glanmire Set Dancers put together a stunning performance winning the category on the night.

Despite their Seandun success, the Glanmire Set Dancers were unable to beat their Cork County rivals in Donoughmore. Seamus Reid, Club Chairperson thanked "the hard work and dedication of the team in getting to the Cork round" and wished Aghinagh and Banteer the best of luck going forward.

But well done to Gillian Kenneally who scored 12 in her Irish Geography followed with a strong general knowledge round. That was enough for her to secure second place on the night qualifying to the next round in the National Competition taking place in Thurles at the end of March. Also we would like to remind people that our weekly sports night returns this Tuesday 9th and will be on every Tuesday at 9 pm. Our sports take place in the Upper Glanmire Hall.

Sport night provides a great informal way to find what Glanmire Macra is all about. The cost is €4 and everyone is welcome to come. If anyone is looking for further information on Glanmire Macra, find us on Facebook <https://www.facebook.com/glanmiremacranafeirme/> or contact our secretary Gillian on 0877558026.



Glanmire Set Dancers with Marie Murphy promoting the 2019 Rally





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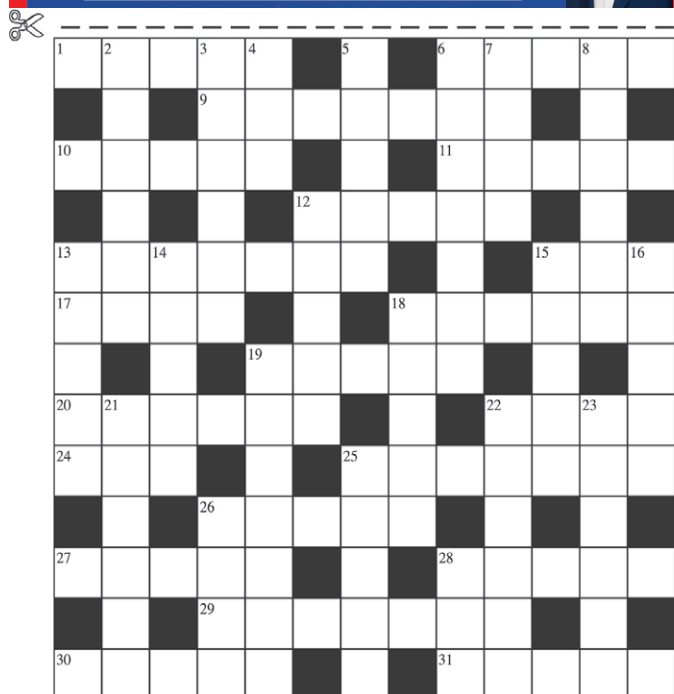


### Across

1. Means of communication (5)
6. Church path between seats (5)
9. Going ahead (7)
10. Keep away from (5)
11. English composer (5)
12. Paris river (5)
13. Salutes, hails (7)
15. Some, whichever (3)
17. Other name for the Thames (4)
18. Ford car (6)
19. Keep away from (5)
20. Sewing implement (6)
22. Uttered (4)
24. Black viscous liquid (3)
25. 60 in a minute (7)
26. Trousers (5)
27. Ire, fury (5)
28. Brother of Moses (5)
29. Highest mountain (7)
30. Confuse (5)
31. Burren terrain (5)

### Down

2. Stay in one place in the air (6)
3. Sounds, racket (6)
4. Terminus (3)
5. Was concerned (5)
6. Gland in roof of mouth (7)
7. Island (4)
8. Became competent in (6)
12. Work for (5)
13. Very big (5)
14. Type of duck (5)
15. Talking lion in Narnia (5)
16. Lengths of 3 feet (5)
18. Documents, portfolios (5)
19. Holiday region in Portugal (7)
21. Got money for work done (6)
22. Long piece of classical music (6)
23. Fools (6)
25. Tempest (5)
26. Take off the skin (4)
28. Query, look for an answer (3)



### Crossword Winner: Eugenie Mbowoua, Brooklodge, Glanmire



SEND your entries marked CROSSWORD to "Aitinn" Sarsfields Court Glanmire, to arrive by 18th April. The prize is a meal in BEVA CAFE which will be awarded to the first all-correct entry opened. Please include your telephone number, home or work, your email and your address.

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